



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09068, Cherries, sour, red, frozen, unsweetened

Report Date: June 30, 2017 00:03 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor: 3.36 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 cup, unthawed 155g	1 package (18 oz) 510g
Proximates						
Water	g	87.20	3	0.254	135.16	444.72
Energy	kcal	46	--	--	71	235
Energy	kJ	192	--	--	298	979
Protein	g	0.92	3	0.087	1.43	4.69
Total lipid (fat)	g	0.44	3	0.049	0.68	2.24
Ash	g	0.42	3	0.006	0.65	2.14
Carbohydrate, by difference	g	11.02	--	--	17.08	56.20
Fiber, total dietary	g	1.6	--	--	2.5	8.2
Sugars, total	g	9.02	--	--	13.98	46.00
Minerals						
Calcium, Ca	mg	13	3	0.723	20	66
Iron, Fe	mg	0.53	3	0.047	0.82	2.70
Magnesium, Mg	mg	9	3	0.240	14	46
Phosphorus, P	mg	16	3	0.466	25	82
Potassium, K	mg	124	3	11.015	192	632
Sodium, Na	mg	1	3	0.120	2	5
Zinc, Zn	mg	0.10	3	0.018	0.15	0.51
Copper, Cu	mg	0.090	3	0.010	0.139	0.459
Manganese, Mn	mg	0.057	3	0.022	0.088	0.291
Selenium, Se	µg	0.0	--	--	0.0	0.0
Vitamins						
Vitamin C, total ascorbic acid	mg	1.7	3	1.179	2.6	8.7

Nutrient	Unit	1			1 cup, unthawed 155g	1 package (18 oz) 510g
		Value Per 100 g	Data points	Std. Error		
Thiamin	mg	0.044	3	0.002	0.068	0.224
Riboflavin	mg	0.034	3	0.003	0.053	0.173
Niacin	mg	0.137	3	0.052	0.212	0.699
Pantothenic acid	mg	0.178	3	0.048	0.276	0.908
Vitamin B-6	mg	0.067	3	0.001	0.104	0.342
Folate, total	µg	5	3	1.245	8	26
Folic acid	µg	0	--	--	0	0
Folate, food	µg	5	3	1.245	8	26
Folate, DFE	µg	5	--	--	8	26
Choline, total	mg	5.6	--	--	8.7	28.6
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	44	3	10.160	68	224
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	522	--	--	809	2662
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	870	3	203.205	1348	4437
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	61	--	--	95	311
Vitamin E (alpha-tocopherol)	mg	0.05	--	--	0.08	0.26
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	1.5	--	--	2.3	7.7
Lipids						
Fatty acids, total saturated	g	0.100	--	--	0.155	0.510
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.003	--	--	0.005	0.015

Nutrient	Unit	1			1 cup, unthawed 155g	1 package (18 oz) 510g
		Value Per 100	Data points	Std. Error		
16:0	g	0.070	--	--	0.109	0.357
18:0	g	0.024	--	--	0.037	0.122
Fatty acids, total monounsaturated	g	0.120	--	--	0.186	0.612
16:1 undifferentiated	g	0.001	--	--	0.002	0.005
18:1 undifferentiated	g	0.119	--	--	0.184	0.607
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.132	--	--	0.205	0.673
18:2 undifferentiated	g	0.067	--	--	0.104	0.342
18:3 undifferentiated	g	0.065	--	--	0.101	0.331
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0

Amino Acids

Other

Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Flavonoids

Anthocyanidins

Cyanidin ¹	mg	10.13	2	--	15.70	51.66
Pelargonidin ¹	mg	0.0	2	--	0.0	0.0
Peonidin ¹	mg	1.1	2	--	1.7	5.7

Flavonols

Isorhamnetin ¹	mg	2.6	2	--	4.1	13.5
Kaempferol ¹	mg	0.1	2	--	0.2	0.8
Quercetin ¹	mg	0.1	2	--	0.2	0.7

¹Kirakosyan, A., Seymour, E. M., Urcuyo Llanes, D. E., Kaufman, P. B., and Bolling, S. F. Chemical profile and antioxidant capacities of tart cherry products., 2009 Food Chemistry 115 pp.20-25